

## INSTRUCTIONS: How to Recognize An Emergency

<i>Section of the Form</i>	<i>Instructions</i>
When I am Healthy Vital Signs	In this section list the vital signs that are normal for your child.
How Your Child Looks and Acts	Use this section to give a description of your child's usual physical appearance and level of behavior. Include usual skin color and temperature, and any differences in appearance that are typical for your child. Describe what your child can do by him or herself and any help or equipment your child uses for these activities.

## INSTRUCTIONS: EMERGENCY ACTION PLAN

Early Warning Sign	List changes in your child's condition that signal that he or she is becoming ill and needs some action to avoid an emergency. You should be watching your child on a regular basis for these early warning signs.
Action	This section describes medications that should be given, treatments or other actions that you should be doing in response to the warning sign you see with your child.
What Should You See	This section describes what changes in your child's condition you should be able to see after you take action.
Call the doctor or go to the hospital RIGHT AWAY	These are warning signs or symptoms that need IMMEDIATE contact with the child's doctor or IMMEDIATE transport to the hospital.
Emergency Contacts	List the doctors, nurses or other health care providers you may need to call in an emergency. Hospitals and emergency transport or ambulance that you use in an emergency should also be listed.